

# August 2025

# Mystic Valley Elder Services

# Trio Cardiac

| Monday                                                                                                                                                                                                               | Tuesday                                                                                                                                                          | Wednesday                                                                                                                                                        | Thursday                                                                                                                                           | Friday                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                      |                                                                                                                                                                  |                                                                                                                                                                  |                                                                                                                                                    | 1                                                                                                                                                                               |
| Menu Subject to change.<br><br>Totals Include 110mg sodium for milk<br>and 30 mg sodium for Margarine.<br>Individual Sodium amount in ( _ )                                                                          | <b>Note: To cancel your meal, please call<br/>Mystic Valley Nutrition at least one<br/>day in advance before 11:30 AM:<br/>781-388-2303</b>                      |                                                                               |                                                                                                                                                    | Chicken with Orange sauce (301)<br>White Rice (6)<br>Zucchini & Tomatoes (64)<br>Wheat Bread (90)<br>Mandarin Oranges (7)<br><br><b>Calories 639 Sodium 653</b>                 |
| 4                                                                                                                                                                                                                    | 5                                                                                                                                                                | 6                                                                                                                                                                | 7                                                                                                                                                  | 8                                                                                                                                                                               |
| Lentil Stew w/ mozz cheese (218)<br>Italian Roasted White Potatoes (6)<br>Cauliflower (17)<br>Whole Wheat Dinner Roll (180)<br>Chocolate Chip Cookie (60)<br><b>Calories 799 Sodium 636</b>                          | Chicken stir fry (460)<br>Brown Rice (5)<br>Wheat Bread (90)<br>Fresh Fruit (1)<br><br><b>Calories 607 Sodium 711</b>                                            | Spinach & Red Pepper Frittata (300)<br>Red Bliss Potatoes (24)<br>Brussels Sprouts (17)<br>Oat Bread (115)<br>Yogurt (75)<br><b>Calories 667 Sodium 685</b>      | Pollock w/Dijon Wine Sauce (445)<br>Cous Cous (5)<br>Peas and Pearl Onions (76)<br>Wheat Bread (90)<br>Pears (5)<br><b>Calories 673 Sodium 795</b> | Roast Turkey w/Gravy (616)<br>Buttered seasoned orzo (32)<br>Whipped Butternut Squash (32)<br>Wheat bread (90)<br>Apple Slices w/cinnamon (9)<br><b>Calories 614 Sodium 904</b> |
| 11                                                                                                                                                                                                                   | 12                                                                                                                                                               | 13                                                                                                                                                               | 14                                                                                                                                                 | 15                                                                                                                                                                              |
| Ziti w/ Red Pepper sauce (15)<br>Chicken meatball (210)<br>Green Beans (3)<br>Garlic Knot (134)<br>Mixed Fruit (3)<br><b>Calories 728 Sodium 523</b>                                                                 | BBQ Pulled Pork (442)<br>Root vegetables (34)<br>California Blend Veg (30)<br>Hamburger Bun (212)<br>Peaches (8)<br><b>Calories 678 Sodium 881</b>               | Greek Chicken (479)<br>Seasoned Orzo (32)<br>Riviera Blend veg (8)<br>Wheat Bread (90)<br>Watermelon (2)<br><b>Calories 689 Sodium 766</b>                       | Black Bean & Barley Chili (655)<br>Fiesta Blend (24)<br>Wheat bread (90)<br>Fresh Fruit (1)<br><b>Calories 725 Sodium 935</b>                      | Meatloaf w/Mushroom Gravy (251)<br>Garlic Mashed Potatoes (48)<br>Root Vegetables (34)<br>Wheat Bread (90)<br>Lorna Doone Cookies (100)<br><b>Calories 953 Sodium 677</b>       |
| 18                                                                                                                                                                                                                   | 19                                                                                                                                                               | 20                                                                                                                                                               | 21                                                                                                                                                 | 22                                                                                                                                                                              |
| Chicken Meatball Sub w/ Red Pepper<br>Sauce &Provolone Cheese (335)<br>Italian Roasted White Potatoes (6)<br>Italian Blend Vegetables (19)<br>Sub Roll (218)<br>Tropical Fruit (3)<br><b>Calories 808 Sodium 734</b> | Broccoli & Mushroom Frittata (363)<br>O'Brien Potatoes (39)<br>Green beans (3)<br>Wheat Bread (90)<br>Mandarin Oranges (7)<br><br><b>Calories 604 Sodium 657</b> | Potato Pollock, lemon wedge (337)<br>Root Vegetables (34)<br>Roman Blend Veg (33)<br>Wheat Bread (90)<br>Lorna Doone (100)<br><br><b>Calories 776 Sodium 748</b> | Pot Roast w/Gravy (131)<br>Mashed Potatoes (68)<br>Peas & Carrots (82)<br>Rye Bread (150)<br>Pears (5)<br><br><b>Calories 724 Sodium 591</b>       | Chicken Marsala (399)<br>Buttered noodles (35)<br>Tuscany Blend (47)<br>Wheat Bread (90)<br>Fresh Fruit (1)<br><br><b>Calories 769 Sodium 727</b>                               |
| 25                                                                                                                                                                                                                   | 26                                                                                                                                                               | 27                                                                                                                                                               | 28                                                                                                                                                 | 29                                                                                                                                                                              |
| Turkey burger (360)<br>Broccoli (12)<br>Corn (1)<br>Hamburger Bun (180)<br>Applesauce (14) Ketchup (82)<br><b>Calories 609 Sodium 804</b>                                                                            | Chicken & Rice Bake (369)<br>Green Beans (3)<br>Multigrain Bread (150)<br>Apple cinnamon grahams (85)<br><br><b>Calories 622 Sodium 763</b>                      | Sloppy Joe (174)<br>Sweet potato tots (120)<br>Zucchini & red peppers (6)<br>Hamburger Roll (180)<br>Fresh Fruit (1)<br><b>Calories 684 Sodium 635</b>           | Chicken Fajitas (84)<br>Rice & Beans (69)<br>Onion & peppers (108)<br>Tortilla (170)<br>Mandarin Oranges (10)<br><b>Calories 772 Sodium 597</b>    | Mixed Bean & Veg Stew (683)<br>Cauliflower (17)<br>Wheat bread (90)<br>Oatmeal raisin cookie (75)<br><br><b>Calories 606 Sodium 1020</b>                                        |